



# COMMONWEALTH of VIRGINIA

## Department for the Aging

Jay W. DeBoer, J.D., Commissioner

### TABLE OF CONTENTS AAA TUESDAY E-MAILING June 29, 2004

SUBJECT	VDA ID NUMBER
<u><a href="#">ECHO Housing Providers in Virginia</a></u> (Faye Cates)	04-186
<u><a href="#">Kinship Care Initiative Task Force and Information Network</a></u> (Ellen Nau)	04-187
<u><a href="#">Regional Caregivers Coalition</a></u> (Ellen Nau)	04-188
<u><a href="#">Virginia Aging and AoA in the News</a></u> (Tim Catherman)	04-189
<u><a href="#">Intergenerational Fire Safety Program</a></u> (Ellen Nau)	04-190
<u><a href="#">Aging Well, Living Well Fact Sheets</a></u> (Carol Driskill)	04-191
<u><a href="#">You Can! and Other Programs</a></u> (Carol Driskill)	04-192
<u><a href="#">Disease Prevention, Health Promotion, and Cultural Competence</a></u> (Carol Driskill)	04-193
<u><a href="#">Additional Scholarship Funds Available for the Virginia Forum for Male Caregivers</a></u> (Faye Cates)	04-194

# COMMONWEALTH of VIRGINIA

## *Department for the Aging*

Jay W. DeBoer, J.D., Commissioner

### MEMORANDUM

**TO:** Executive Directors  
Area Agencies on Aging

**FROM:** Faye D. Cates, MSSW, Human Services Program Coordinator

**DATE:** June 29, 2004

**SUBJECT: ECHO HOUSING PROVIDERS IN VIRGINIA**

The Department occasionally receives inquiries about Elder Cottage Housing Opportunity (ECHO housing), also known as granny flats. These homes are temporary, self-contained houses designed to enable older persons to live near family caregivers. This housing option helps delay institutionalization, since informal family caregiving is easily accessible. An ECHO house provides good housing for older persons at a low cost since it is factory built and has no land cost. The major social benefit of the ECHO housing option is enabling older persons to live independently in a home of their own with privacy and at the same time, live near a caregiver who also has privacy.

Currently I have identified one ECHO housing provider in Virginia as follows:

Fluvanna Housing Foundation  
P. O. Box 413  
Palmyra, VA 22963  
(434) 589-4820  
Howard Evergreen, Executive Director

This Foundation builds ECHO homes and I refer all inquiries to them. If you are aware of any ECHO housing providers in your service area, please send me the name of the provider and contact information and I will add them to the list of providers in Virginia.

# *COMMONWEALTH of VIRGINIA*

*Department for the Aging*

Jay W. DeBoer, J.D., Commissioner

## **MEMORANDUM**

**TO:** Executive Directors  
Area Agencies on Aging

**FROM:** Ellen Nau, Human Services Program Coordinator

**DATE:** June 29, 2004

**SUBJECT:** Kinship Care Initiative Task Force and Information Network

A meeting of the Kinship Care Initiative Task Force and Information Network will be held at 10:00 A.M. on Tuesday, July 13, 2004 at the Virginia Department for the Aging. Lyndell Lewis of the Virginia Department of Social Services and Terry Raney of the Virginia Department of the Aging will be presenting information on the Commonwealth of Virginia's policy with regard to placing children, who for various reasons are no longer living with their parents, with relatives such as grandparents.

In addition, a task force discussion concerning data collection on kincare families in Virginia will take place. VDA, DSS and local kinship care providers will share methods and types of data collection.

Please contact Ellen Nau at [Ellen.Nau@vda.virginia.gov](mailto:Ellen.Nau@vda.virginia.gov) if a member of your staff would like to attend this meeting.

# COMMONWEALTH of VIRGINIA

*Department for the Aging*

Jay W. DeBoer, J.D., Commissioner

## MEMORANDUM

**TO:** Executive Directors  
Area Agencies on Aging

**FROM:** Ellen Nau, Human Services Program Coordinator

**DATE:** June 29, 2004

**SUBJECT:** Regional Caregiver Coalitions

The Virginia Department for the Aging convened a Caregiver Coalition Training session sponsored and conducted by AARP in March of this year. A meeting of the training participants was held on June 22 and the Virginia Caregiver Coalition started to work! The mission of the Virginia Caregiver Coalition is to improve the experience of caregivers through education, advocacy and access to resources.

The Coalition does not want to duplicate or supplant the work of local or regional caregiver coalition but rather enhance the education and advocacy efforts of these groups by coordinating with them to speak with one voice on common statewide caregiver issues. To that end, I would ask that you contact me at [Ellen.Nau@vda.virginia.gov](mailto:Ellen.Nau@vda.virginia.gov) if you have knowledge of any regional caregiver coalitions in your planning district. In turn, I will contact the leader of the regional coalition to learn what issues are facing their caregivers.

There is a need for services, education and awareness of resources for a growing number of caregivers in the Commonwealth. Hopefully, through establishing a statewide caregiver coalition, we can create an integrated and coordinated approach to caregiver issues and acknowledge the unique issues facing caregivers in various regions of Virginia.

**COMMONWEALTH of VIRGINIA**  
*Department for the Aging*  
 Jay W. DeBoer, J.D., Commissioner

**MEMORANDUM**

**TO:** Executive Directors  
 Area Agencies on Aging

**FROM:** Tim M. Catherman  
 Deputy Commissioner, Support Services

**DATE:** June 29, 2004

**SUBJECT:** Virginia Aging and AoA in the News

Below are Virginia Aging or AoA related articles that have occurred since last week's Tuesday E-mailing. These links do not require a paid service; however, some (like the Washington Post, etc.) ask a brief survey or registration. Please note some links are time sensitive and can change daily.

If you aware of articles that I am missing, please e-mail me a link for inclusion next week.

**VDA In the News**

NEW law puts older drivers' vision to the test  
 Hampton Roads Daily Press - Newport, VA, USA  
 ... for people to understand that not all older drivers are bad drivers, said Janet Honeycutt, director of grant operations at the Virginia Department for the Aging ... <<http://www.dailypress.com/news/local/dp-33888sy0jun26,0,7211078.story?coll=dp-news-local-final>>

**Virginia AAAs In the News**

RSVP Volunteer Named Senior Citizen of the Year by Exchange Winchester Star - Winchester, VA, USA  
 ... Jackson, Retired and Senior Volunteer Program director, said, "It is a ... Winchester and in the entire Northern Shenandoah Valley Region of Virginia."  
 <[http://www.winchesterstar.com/TheWinchesterStar/040626/Life\\_rsvp.asp](http://www.winchesterstar.com/TheWinchesterStar/040626/Life_rsvp.asp)>

FOR the People

Winchester Star - Winchester, VA, USA  
 The Shenandoah Area Agency on Aging, in partnership with Dominion Virginia Power, the Virginia Department of Social Services, and the state department for the ...  
 <[http://www.winchesterstar.com/TheWinchesterStar/040628/Area\\_people.asp](http://www.winchesterstar.com/TheWinchesterStar/040628/Area_people.asp)>

## **AoA News From Around the Nation**

SAFETY for Older Drivers is Goal of New Website SeniorJournal.com - San Antonio,TX,USA ...  
Association of Retired Persons (AARP), the American Medical Association (AMA), the American Society  
on Aging (ASA), the Administration on Aging (AOA), and ...  
<<http://www.seniorjournal.com/NEWS/WebsWeLike/4-06-26safety.htm>>

THE FRUITS OF ART THERAPY  
Newsday - Long Island,NY,USA  
... paintings plucked from the exhibit - and the only one from Long Island  
- to become part of the permanent collection of the Administration on Aging, a division ...  
<[http://www.newsday.com/entertainment/news/ny-main273867341jun27\\_0,4200148.story?coll=ny-nyc-entertainment-headlines](http://www.newsday.com/entertainment/news/ny-main273867341jun27_0,4200148.story?coll=ny-nyc-entertainment-headlines)>

## **Other**

"Government says millions paid in kickbacks to Va. nursing homes" --- ... price for a Roanoke pharmacy  
to provide kickbacks to a group of businessmen who also held interests in a chain of more than two  
dozen nursing homes and assisted ...  
--- Virginian Pilot June 25, 2004 (VIRGINIA)  
<http://home.hamptonroads.com/stories/story.cfm?story=72223&ran=87506>

# COMMONWEALTH of VIRGINIA

*Department for the Aging*

Jay W. DeBoer, J.D., Commissioner

## MEMORANDUM

**TO:** Executive Directors  
Area Agencies on Aging

**FROM:** Ellen Nau, Human Services Program Coordinator

**DATE:** June 29, 2004

**SUBJECT:** Intergenerational Fire Safety Program

The Virginia Department of Fire Programs has a fire and life safety program that crosses generations and targets the two most likely groups to be injured or die in a fire. According to the United States Fire Administration, Senior citizens age 65 and over and children under the age of 5 have the greatest risk of fire death. The fire death risk among seniors over 65 is more than double; over age 75 triple; over age 85, 3 and one half times the average population. Children under the age of 10 accounted for an estimated 22.2 percent of all fire deaths.

The Buddy System is designed to enlist the services of volunteer organizations with a mentoring component to educate children in grades k-8 on basic fire and life safety. During training, mentors/volunteers will receive vital senior citizen specific fire and fall safety education from the National Fire Protection Associations' Remembering When Program. While this program was developed for senior citizens to teach children, the program can just as easily work with other generations and volunteer groups.

A Kit is given to each volunteer. Each kit contains fire and life safety curriculum for grades K-8 from the Red Cross. Numerous sets of fire and life safety curriculum were evaluated and the Red Cross curriculum was chosen because it was designed with the volunteer in mind. An evaluation booklet is also included. The evaluation booklet is essential in charting the program's progress and adjusting the curriculum as needed. The kits also contains vital fire and fall safety information for senior citizens, a step-by-step brochure highlighting the program, fire and life safety activity books for children, support materials, and a self addressed envelope to return the evaluation sheets. Items in the kits can be downloaded from the Department of Fire Prevention website at [www.vafire.com](http://www.vafire.com).

SUBJECT: Intergenerational Fire Safety Program

Page 2 of 2

A master kit is given to senior citizen program managers. These kits contain a full Remembering When Curriculum packet so the program manager can continue senior fire and fall safety education, all the same items contained in the volunteer kits and 2 sets of videos for children on fire and life safety. One for children ages 5-8; a second for slightly older children ages 9-11; and a third for adults. The videos are for program managers to loan out to the mentors/volunteers as needed.

The Virginia Department of Fire Prevention is in the process of developing a train the trainer video to walk the mentors/volunteers through the curriculum. To date the Department has done personal trainings on the program in lieu of a video.

Please contact Kelli Turner at 804/ 371-0220 or via email at [kturner@vdfp.state.va.us](mailto:kturner@vdfp.state.va.us) for more information on the Buddy System or to request a kit or training or you can [download](#) the materials now!



# COMMONWEALTH of VIRGINIA

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Jay W. DeBoer, J.D., Commissioner

## MEMORANDUM

**TO:** Executive Directors  
Area Agencies on Aging

**FROM:** Carol Cooper Driskill  
Program Coordinator

**DATE:** June 29, 2004

**SUBJECT: Aging Well Living Well Fact Sheets**

In case you haven't seen them, the following links are for *Aging Well Living Well* disease prevention and health promotion fact sheets provided by the Administration on Aging. This information can be downloaded in PDF format; Adobe Acrobat Reader is required. While they were produced for Older Americans Month, the information is suitable for educational use year round. Please note that the bottom of each document recognizes that Older Americans Month is celebrated in May along with the month that corresponds to the topic, including National Physical Fitness and Sports Month, National Osteoporosis Awareness and Prevention Month, National Arthritis Month, National High Blood Pressure Education Month, and National Stroke Awareness Month.

- [Get Moving: Arthritis and Exercise](#) (PDF - 244KB)
- [Keeping Healthy Bones](#) (PDF - 208KB)
- [High Blood Pressure: The Silent Killer](#) (PDF - 219KB)
- [Older Americans' Mental Health Week: May 23-29, 2004](#) (PDF - 288KB)  
This includes information about older adults and mental health
- [Stroke Awareness and Prevention](#) (PDF - 236KB)

SUBJECT: Aging Well Living Well Fact Sheets  
Page 2 of 2

- [Exercise Benefits Everyone](#) (PDF - 231KB)
- [Food for Thought](#) (PDF - 234KB)
- [It's a Wonderful Life With a Pet by Your Side](#) (PDF - 224KB)

Please contact me at [Carol.Driskill@vda.virginia.gov](mailto:Carol.Driskill@vda.virginia.gov) or (804) 662-9319 with any questions or comments.

# COMMONWEALTH of VIRGINIA

*Department for the Aging*

Jay W. DeBoer, J.D., Commissioner

## MEMORANDUM

**TO:** Executive Directors  
Area Agencies on Aging

**FROM:** Carol Cooper Driskill  
Program Coordinator

**DATE:** June 29, 2004

**SUBJECT:** *You Can!* and Other Programs

As we make the transition to an aging society, Administration on Aging (AoA) has made prevention a priority in its strategic plan. The prevention strategy is focused on increasing the capacity of the aging services network to deliver education campaigns and programs that have proven to be effective in reducing the risk of disease and disability among the elderly.

If you aren't familiar with them yet, let me share some programs and resources. I will keep you updated as VDA learns more about *YouCan!* partnerships and enrollment opportunities.

### ***You Can! Steps to Healthier Aging***

*You Can! Steps to Healthier Aging* is a national outreach campaign sponsored by AoA to promote better nutrition and increased physical activity for older adults. *YouCan!* is the aging component of the U.S. Department of Health and Human Service's *Steps to a HealthierUS* initiative, which encourages Americans of every age to make healthier lifestyle choices.

Improved food choices and increased physical activity are two lifestyle choices that help prevent, delay, or manage serious health conditions such as diabetes, heart disease, stroke, high blood pressure, and some types of cancer. *You Can!* uses a partnership approach to mobilize communities to create public awareness strategies and programs

SUBJECT: *You Can!* and Other Programs

Page 2 of 3

to help older adults make healthier lifestyle choices. *You Can! Steps to Healthier Aging* campaign includes three components:

1. A web site that provides information about *YouCan!* services, how to become a *YouCan!* Partner, and other resources. Additional topics and information will be added to the site over time. It can be accessed at [www.aoa.gov/youcan](http://www.aoa.gov/youcan).
  2. Partnership between Centers for Disease Control and Prevention (CDC), National Institute on Aging (NIA), and the President's Council on Physical Fitness and Sports
  3. Funding of 10 mini grants to implement a nutrition and physical activity/walking program at geographically and ethnically diverse nutrition programs, representing small to large organizations in urban, suburban, and rural communities.
- Congratulations to Valley Program for Aging Services, Inc., in Waynesboro for being one of the mini-grants awardees.**

### **Eat Better & Move More**

#### **The National Policy and Resource Center on Nutrition and Aging**

The National Policy and Resource Center on Nutrition and Aging is located at Florida International University (FIU) in the School of Health, College of Health and Urban Affairs. Their web site is <http://www.fiu.edu/~nutreldr/>.

*Eat Better & Move More* is a two-step program designed to improve nutrition and physical activity in older adults. *Eating Better* focuses on improving eating habits and *Moving More* focuses on increasing physical activity by using step counters to increase steps throughout the day.

The *Moving More* component was piloted at a Little Havana Activities and Nutrition Center site in Miami, Florida and several locations in Iowa. Results showed that 115 adults, aged 61 – 90 years old with multiple impairments, had an 80 percent success rate wearing step counters and keeping regular logs of steps taken. Daily steps increased nearly 50 percent from a baseline of 100 – 10,000 steps to 430 – 13,000 steps.

The *Steps to Healthy Aging: Eating Better & Moving More Guidebook* was designed for Older Americans Act Nutrition Programs. The 51-page resource guide explains the 12-week program that consists of mini-talks on nutrition and walking and using step

SUBJECT: *You Can!* and Other Programs

Page 3 of 3

counters to increase the number of daily steps. Nutrition mini-talk topics include benefits of eating more fruits and vegetables, relationship of dairy foods with bone health, importance of dietary fiber, and sensible portion sizes. Other mini-talks include stretching, movement, walking in all weather, and healthy weight.

The following are links to the program:

- [Steps to Healthy Aging Factsheet](#) (PDF)
- [Steps to Healthy Aging Factsheet w/references](#) (PDF)
- [Steps to Healthy Aging - Eating Better & Moving More Guidebook](#) (PDF)
- [Steps to Healthy Aging Brochure](#) (PDF)
- Order form for Step Counters
  - Online ([Not-for-Profit/Govt Agencies](#) or [Private Individuals](#))
  - Fax ([Not-for-Profit/Govt Agencies](#) or [Private Individuals](#))

### **State Mini Grant Programs**

Administration on Aging and CDC funded 14 state mini grant programs to encourage state aging offices and health departments to collaborate on evidence-based prevention projects. Virginia is one of the grantees. Virginia Department of the Aging was contacted by Virginia Department of Health (VDH) Office of Family Health Services' Division of Chronic Disease Prevention and Control/Virginia Arthritis Project to implement an evidence-based physical activity program at Mountain Empire Older Citizens (MEOC) congregate meal centers. This initiative addresses the benefits of physical activity, preventing disability and improving quality of life for older adults who have been diagnosed with Arthritis or other chronic debilitating diseases.

Please contact me at [Carol.Driskill@vda.virginia.gov](mailto:Carol.Driskill@vda.virginia.gov) or (804) 662-9319 for more information.

# COMMONWEALTH of VIRGINIA

*Department for the Aging*

Jay W. DeBoer, J.D., Commissioner

## MEMORANDUM

**TO:** Executive Directors  
Area Agencies on Aging

**FROM:** Carol Cooper Driskill  
Program Coordinator

**DATE:** June 29, 2004

**SUBJECT: Disease Prevention, Health Promotion, and Cultural Competence**

As the aging population becomes increasingly diverse, there will be more attention placed on cultural sensitivity. I have included three resources.

**Resource #1:** The attached article “**Achieving Cultural Appropriateness in Health Promotion Programs: Targeted and Tailored Approaches**” was published in *Health Education and Behavior*. It describes five categories of cultural approaches.

**Resource #2: “Cultural Competence in Health Care: Is it Important for People with Chronic Conditions?”** is an issue brief published by the Center on an Aging Society of Georgetown University. I think many of the concepts apply to our work with older adults, disease prevention and health promotion. Strategies for improving the client-provider interaction are included. I found the following excerpts interesting:

- Cultural competence is defined as the ability of providers and organizations to effectively deliver health care services that meet the social, cultural, and linguistic needs of patients.
- By 2050, it is expected that one in five Americans — 20 percent — will be elderly. The population will also become increasingly diverse. By 2050, racial and ethnic minorities will comprise 35 percent of the over 65 population.

SUBJECT: Disease Prevention, Health Promotion, and Cultural Competence

Page 2 of 2

- Among older adults, a higher proportion of African Americans and Latinos, compared to Whites, report that they have at least one of seven chronic conditions: asthma, cancer, heart disease, diabetes, high blood pressure, obesity, or anxiety/depression.

To download, go to: <http://ihcrp.georgetown.edu/agingsociety/pdfs/cultural.pdf>.

This is the fifth Issue Brief and Data Profile from the series *Challenges for The 21st Century: Chronic and Disabling Conditions*. The series is supported by a grant from the Robert Wood Johnson Foundation. The Center on an Aging Society is located at Georgetown University's Health Policy Institute and studies the impact of demographic changes on public and private institutions and on the financial and health security of families and people of all ages.

**Resource #3: The MLA Language Map** is found on The Modern Language Association (MLA) website <http://www.mla.org/>. Founded in 1883, the Modern Language Association of America provides opportunities for its members to share their scholarly findings and teaching experiences with colleagues; members work to strengthen the study and teaching of language and literature. The attachment shows data that I obtained by entering Virginia on the map.

The MLA Language Map uses data from the 2000 United States census to display the locations and numbers of speakers of thirty languages and seven groups of less commonly spoken languages in the United States. The census data were based on responses to the question, "Does this person speak a language other than English at home?" The interactive Language Map illustrates the concentration of language speakers in zip codes and counties and the Data Center provides actual numbers and percentages of speakers. The MLA Language Map is intended for students, teachers, and anyone interested in learning about the linguistic and cultural composition of the United States.

I hope you find this information useful. Please contact me at [Carol.Driskill@vda.virginia.gov](mailto:Carol.Driskill@vda.virginia.gov) or at (804) 662-9319 with any comments.

## **FIVE CATEGORIES OF CULTURAL APPROACHES**

Adapted from Kreuter MW, Lukwago SN, Bucholtz DC, Clark EM, Sanders-Thompson V: Achieving cultural appropriateness in health promotion programs: Targeted and tailored approaches. *Health Education & Behavior* 30:133-146, 2003.

### **Approach #1: Design of Materials**

Presenting materials or programs in a visual style that makes them seem familiar and comfortable and expressive of a particular group through the use of colors, images, fonts, or titles (for example, “A guide for African Americans”) can establish interest and credibility. Materials designed and packaged in a culturally appropriate way can also increase the acceptance of their messages.

### **Approach #2: Evidence of Impact**

Demonstrating the relevance of a health issue to a particular group by using statements (usually with data) that show evidence of the issue’s impact on the group (“people like you”) can raise awareness and stimulate preventive action. For example, to show Latinos that lack of physical activity affects them, materials might state: “In the U.S., rates of physical inactivity are 16% higher among Latinos than European Americans.” To show African Americans that colorectal cancer affects them, materials might state: “This year, 14,100 African Americans will be diagnosed with colorectal cancer, and 6,800 will die from it.”

### **Approach #3: Using the Group’s Language**

Providing materials and programs in the language of the group has been called “the lowest common denominator of cultural sensitivity” and can link the materials with the cultural group. To be culturally appropriate, translation should not just be literal but must consider cultural context in all its nuances.

### **Approach #4: Involving Members of the Group**

Involving members of the group can provide valuable insights into cultural characteristics. Methods that incorporate the experience of group members include hiring group members as project staff, using lay health workers, and using participatory research techniques that involve the community in substantive aspects of the project such as planning.

### **Approach #5: Using Sociocultural Characteristics of the Group**

Positioning the health problem or behavior in the broader context of a group’s cultural values, beliefs, and behaviors can provide deeper meaning to information and messages about a health issue. Materials and programs that are socioculturally based reflect the inner workings of the culture, not just the surface trappings. This cultural information can be used to provide direction about program priorities, strategic planning, and other issues.



## Number of speakers per language in Virginia

Sort: **Rank**

5,884,075	English
735,191	All languages other than English combined
316,274	Spanish or Spanish Creole
40,117	French (incl. Patois, Cajun)
39,636	Korean
33,598	Tagalog
32,736	German
31,918	Vietnamese
29,837	Chinese
25,984	Arabic
21,164	African languages
19,199	Persian
15,250	Urdu
11,947	Hindi
10,099	Italian
9,147	Russian
8,019	Japanese
6,886	Greek
5,563	Portuguese or Portuguese Creole
4,872	Mon-Khmer, Cambodian
4,059	Gujarathi
3,738	Thai
3,515	Polish
3,407	Scandinavian languages
3,358	Serbo-Croatian
2,878	Laotian
2,665	French Creole
1,763	Hungarian
1,301	Hebrew
1,192	Armenian
1,069	Other Native North American languages
595	Yiddish
133	Navajo
59	Miao, Hmong

Source: The Modern Language Association (MLA) website MLA Language Map  
<http://www.mla.org/>

The MLA Language Map uses data from the 2000 United States census to display the locations and numbers of speakers of thirty languages and seven groups of less commonly spoken languages in the United States. The census data were based on responses to the question, "Does this person speak a language other than English at home?" The Data Center provides actual numbers of speakers.

# COMMONWEALTH of VIRGINIA

## Department for the Aging

Jay W. DeBoer, J.D., Commissioner

### MEMORANDUM

**TO:** Executive Directors - Area Agencies on Aging  
Care Coordination Program Managers  
In-Home Care Program Managers

**FROM:** Faye D. Cates, MSSW, Human Services Program Coordinator

**DATE:** June 29, 2004

**SUBJECT: ADDITIONAL SCHOLARSHIP FUNDS AVAILABLE FOR  
SPONSORING MALES TO THE VIRGINIA FORUM FOR MALE  
CAREGIVERS**

To further defray the cost of area agencies on aging (AAA) sponsoring male caregivers to the July 20, 2004, *Virginia Forum For Male Caregivers*, the Department is reserving \$500 per AAA. You can sponsor as many male caregivers as your \$500 scholarship will allow. These scholarships are provided to those AAAs who are not recipients of the male caregiver grant. The scholarship will cover the registration fee (\$10), one-two nights hotel stay (\$86.63 per night) for those male caregivers who have to travel some distance, and the cost of the respite care services you provide. These scholarships are also extended to AAA program staff who work with caregivers, e.g., information and referral\assistance, care coordination and in-home care program supervisors, as the resource information provided will be of value to them.

We have an extension to July 9<sup>th</sup> midnight for the group hotel rate. So please have your hotel requests to me by close of business July 8<sup>th</sup>. Attached is a revised hotel reservation form for those males needing overnight accommodations. I have also attached a form for you to submit your respite care reimbursement request.

#### **Procedure For Processing AAA Scholarships**

1. Submit a completed registration form for each male caregiver your will sponsor. In the upper right-hand corner of the first page of the registration form write "Scholarship - PSA \_\_", and enter your PSA number. The registration form is on the VDA web site under "News." Fax the form to me at (804) 662-9354 by July 12.
2. For male caregivers requesting overnight accommodations, please complete the attached hotel reservation form and fax to me at (804) 662-9354, by close of business July 8<sup>th</sup>. I will make all reservations and have them bill to VDA
3. Reimbursement requests should be submitted to me by Friday, July 30, 2004.

With these additional funds we hope AAA directors will work with program staff to identify male caregivers who can benefit from this Forum. Thank you, in advance for making this a successful event for Virginia's Aging Network.

**VIRGINIA FORUM FOR MALE CAREGIVERS**  
**Hotel Reservation Form For Scholarship Recipients**

**Please complete this form for each AAA scholarship recipient who is requesting a hotel room.**

**Hotel Reservations for AAA:** \_\_\_\_\_

AAA Contact and Phone Number: \_\_\_\_\_

Male Caregiver Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Telephone Number: (       ) \_\_\_\_\_

Handicap Accessible Room: \_\_\_\_\_ Yes

Anticipated Arrival Time: July 19, 2004 \_\_\_\_\_

Anticipated Departure Date: July 20 \_\_\_\_\_ one night stay  
July 21 \_\_\_\_\_ two night stay

**Check –in time is 3:00 p.m.**

**Check-out time is 11:00 a.m. or before**

**By July 8, 2004, complete the hotel reservation form and fax to:**  
**Faye Cates, Human Services program Coordinator**  
**Virginia Department for the Aging**  
**Fax: (804) 662-9354**  
**or e-mail to:**  
**faye.cates@vda.virginia.gov**

**Ms. Cates should be informed immediately if this room reservation is to be canceled, so the department is not charged the cost of the room.**  
**She can be reached at (804) 662-9310**

**VIRGINIA FORUM FOR MALE CAREGIVERS**  
**Respite Care for Scholarship Recipients**

**Please complete this form for each AAA scholarship recipient who received respite care services to attended the Forum.**

**Area Agency on Aging:** \_\_\_\_\_

**Contact Person & Phone Number:** \_\_\_\_\_

**Name of Male Caregivers:** \_\_\_\_\_

**Name of Care Recipient Who Received Respite Services:**  
\_\_\_\_\_

**Relationship To Male Caregiver:** \_\_\_\_\_

**Respite Care Service Provider:** \_\_\_\_\_

**Date of Services:** \_\_\_\_\_ **Hours of Service:** \_\_\_\_\_  
\_\_\_\_\_

**Hourly Rate: \$** \_\_\_\_\_ **Total Hours:** \_\_\_\_\_

**Reimbursement Amount Requested: \$** \_\_\_\_\_

**By July 30, 2004, complete the respite care reimbursement form and fax to:**  
**Faye Cates, Human Services program Coordinator**  
**Virginia Department for the Aging**  
**Fax: (804) 662-9354**  
**or e-mail to:**  
**faye.cates@vda,virginia.gov**

# *Virginia Forum For Male Caregivers*

Holiday Inn Select – 1021 Koger Center Boulevard  
Richmond, Virginia  
July 20, 2004

While women traditionally have been associated with caregiving, men now make up 45% of the caregiving population, according to the National Family Caregivers Association. Yet men are either ignored or assumed to be just like their female counterparts. One gender difference is how female/male caregivers seek help in their caregiving role. Women are more likely to seek services, while men delay accessing services until there is a crisis.

This forum will bring together male caregivers and service providers that play a significant role in supporting all caregivers. Although the goal of the forum is to provide resource information that will enhance the emerging role of the male caregiver, the forum will provide service-oriented information for all caregivers.

.....  
**Registration Form**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Email Address: \_\_\_\_\_

Please check one:

<input type="checkbox"/>	Male Caregiver	<input type="checkbox"/>	Human Service Provider*
<input type="checkbox"/>	Female Caregiver	<input type="checkbox"/>	Health Care Provider*
<input type="checkbox"/>	Clergy	<input type="checkbox"/>	Professional – Other *
<input type="checkbox"/>	Aging Advocate	<input type="checkbox"/>	All Other*

\* Please specify agency/organization \_\_\_\_\_

Payment Enclosed:

<input type="checkbox"/>
<input type="checkbox"/>

\$10.00 Caregivers

\$15.00 All Other Attendees

Make checks payable to: Virginia Department for the Aging

Mail payment to: Faye Cates, Virginia Department for the Aging  
1600 Forest Avenue, Suite 102  
Richmond, Virginia 23229

By the registration deadline, July 12, 2004, please submit with your payment the attached workshop selection sheet.



# *Virginia Forum For Male Caregivers*

## Forum Schedule & Workshop Selection Sheet

So we can accommodate our presenters and the need for handout materials, please check the workshops you plan to attend. Note that some sessions will repeat in the afternoon.

**7:30 – 8:00 a.m.**                      **Continental Breakfast**

**8:00 – 8:45 a.m.**                      **Opening Session**  
**Greetings from Jay W. DeBoer, J.D., Commissioner**  
**Virginia Department for the Aging**  
**Statement of Purpose**

### **Morning Sessions**

**9:00 – 10:15 a.m.**    ☐ **Alzheimer's Association: Reaching Out and Supporting Caregivers**

☐ **Safety Net Programs for an Aging Society**

☐ **Legal Tools For Retirement Planning**

☐ **Pay Less For Prescriptions: Options**

☐ **Cash Poor and House Rich: Reverse Mortgages Can Help**

☐ **Home and Community-Based Care Services**

**10:15 – 10:30 a.m.**                      **Break**

**10:30 – 11:45 a.m.**    ☐ **Adult Day Health Care: A Service That Supports Caregivers**

☐ **SeniorNavigator: Technology Supporting Caregivers**

☐ **Military Retirees: Where To Find Information and Help With Caregiving**

☐ **The Challenges When The Diagnosis Is Dementia**

☐ **Hospice: Support When The End Is Near & The Spirituality in Caregiving**

☐ **Assistive Technology: Deaf & Hard of Hearing, Blind & Vision Impaired,  
& The Use of Assistive Devices**

**12:00 – 1:15 p.m.**                      **Lunch - Speaker: Dr. Dale Henry - Author, Educator, Trainer**  
**Hundreds of organizations have heard his signature presentations and seminars. Join us for a lighthearted look at caregiving from this nationally known humorist and motivational speaker.**

### Afternoon Sessions

- 1:30 – 2:45 p.m. ☐ Safety Net Programs for an Aging Society  
☐ Home and Community-Based Care Services  
☐ Pay Less For Prescriptions: Options  
☐ Cash Poor and House Rich: Reverse Mortgages Can Help  
☐ Adult Day Health Care: A Service That Supports Caregivers  
☐ Virginia TRIAD & Fraud, Scams and Identity Theft
- 2:45 – 3:00 p.m. Break
- 3:00 – 4:15 p.m. ☐ Hospice: Support When The End Is Near & The Spirituality in Caregiving  
☐ Military Retirees: Where To Find Information and Help With Caregiving  
☐ SeniorNavigator: Technology Supporting Caregivers  
☐ Assistive Technology: Deaf & Hard of Hearing, Blind & Vision Impaired, & The Use of Assistive Devices  
☐ Legal Tools For Retirement Planning  
☐ Virginia TRIAD & Fraud, Scams and Identity Theft
- 4:30 p.m. Closing Session

## ***HOTEL INFORMATION***

Holiday Inn Select is providing a group rate of \$77.00 + 12.5% room tax (single or double occupancy). Just mention you are attending the *Virginia Forum For Male Caregivers*. Individuals can call the hotel to make reservations at (804) 379-3800. Check-in time is 3:00 p.m. and check-out time is 11:00 a.m. or before. Directions to the hotel are included in this registration package. The hotel's web site is [www.hiselect.com/ric-kogerctr](http://www.hiselect.com/ric-kogerctr).

## **VEGETARIAN LUNCH PLATE**

\_\_\_\_\_ Check here if you request a vegetarian lunch plate.





# *Virginia Forum For Male Caregivers*

## Workshop Presenters

### Alzheimer's Association: Reaching Out and Supporting Caregivers

Speakers: Sharon E. Peterson, MSW, Alzheimer's Association, Richmond VA; Stan Furman, M.D., Geriatrician;  
Bob Schaefer, A male caregiver

### Safety Net Programs for an Aging Society

Speaker: James W. (Jay) Speer, Virginia Poverty Law Center, a specialist in consumer and elder law

### Legal Tools For Retirement Planning

Speaker: Terry W. Raney, Attorney, Guardianship and Legal Services Coordinator for the Virginia  
Department for the Aging

### Pay Less For Prescriptions: Options

Speakers: Evie Angelique, Medication Education Specialist, Senior Services of Southeastern Virginia  
Jim Hutchinson, Male Military Advocate For Caregivers, Senior Services of Southeastern Virginia

### Cash Poor and House Rich: Reverse Mortgages Can Help

Speaker: Virginia Holman, U. S. Department of Housing and Urban Development (HUD)

### Home and Community-Based Care Services

Speakers: Diana Thorpe, Long Term Care Director, Virginia Department of Medical Assistance Services;  
Karen Kirby, Chesterfield-Colonial Heights DSS, Adult Services;  
Cheryl Murphy Anderson, MSW, Social Services Program Manager,  
Central Virginia Area Agency on Aging

### Adult Day Health Care: A Service That Supports Caregivers

Speakers: Cheryl Cooper, President, Virginia Adult Services Association  
Lory Osorio, Executive Director, Circle Center Adult Day Services, Richmond VA

### SeniorNavigator: Technology Supporting Caregivers

Speaker: Katie Benghauser, Manager

### Military Retirees: Where To Find Information and Help With Caregiving

Speakers: Antoinette McGeorge, MSW, McGuire Veteran's Hospital, Geriatric and Extended Care  
Beverly Cooley, RN, McGuire Veteran's Hospital, Community Health Nurse Coordinator  
Bill Mereno, Volunteer, Navy Retired Activities Office, Navy Fleet and Family Support Center

### The Challenges When The Diagnosis Is Dementia

Speaker: Gino Colombara, Executive Director, Southeastern Chapter, Alzheimer's Association  
Susan Story, Family Support Coordinator

### Hospice: Support When The End Is Near & The Spirituality in Caregiving

Speakers: Karen R. Gill, LCSW, Bereavement Coordinator, Crater Community Hospice  
Rev. Karl Netting, Chaplain, Bon Secours Hospice

### Assistive Technology: Deaf & Hard of Hearing, Blind & Vision Impaired, & The Use of Assistive Devices

Speakers: Sue Browning, Virginia Department for the Deaf and Hard of Hearing  
Jane Ward Solomon, Virginia Department for the Blind and Vision Impaired  
Ken H. Knorr, Director, Virginia Assistive Technology System

### Virginia TRIAD & Fraud, Scams and Identity Theft

Speakers: Nicole Smith, Crime Prevention Specialist, Henrico County TRIAD  
Ben Garrett, Information Specialist, Virginia Department for the Aging

**Male Caregivers living in locations served by the following Area Agencies on Aging can request complimentary registration. There is limited funding available to assist with the registration fee, transportation to the forum and respite services for care recipients.**

**Crater District Area Agency on Aging, Inc.  
23 Seyler Drive  
Petersburg, Virginia 23805-9243  
(804) 732-7020  
Contact Person: Antrynette Walker  
Male Caregiver Advocate**

**Senior Services of Southeastern Virginia, Inc.  
Interstate Corporate Center, Building 5  
6350 Center Drive, Suite 101  
Norfolk, Virginia 23502-4101  
(757) 461-9481  
Contact Person: Jim Hutchinson  
Male Caregiver Advocate**

**Peninsula Agency on Aging, Inc.  
739 Thimble Shoals Blvd., Executive Center  
Building 1000, Suite 1006  
Newport News VA 23606-3585  
(757) 873-0541  
Contact Person: Jay Waldron  
Male Caregiver Advocate**

## **Exhibitors For The Forum**

**Organizations interested in having exhibits on display at the forum should contact Faye Cates at (804) 662-9310 or by e-mail at [faye.cates@vda.virginia.gov](mailto:faye.cates@vda.virginia.gov). Please be prepared to provide information about the amount of space needed for your exhibit.**

**This project was supported, in part, by a grant, number 90CG2547, from the Administration on Aging, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration on Aging policy.**